## Movelat® Cream & Gel

(contents: mucopolysaccharide-polysulfuric acid ester, adrenocortical extract & salicylic acid)

TUBES OF 50g

**\* \* \*** 

for immediate treatment of soft tissue injuries, bruises, contusions, sprains and strains

for prompt relief of pain on the playing field and in the sports arena



Manufacturers of Hirudoid®

Samples and literature on request:

LUITPOLD - WERK (Munich, Germany)

Hayes Gate House, 27 Uxbridge Road, Hayes, Middlesex, UB4 QJD Tel. 01-848 0738/01-561 8774

## RUNNER'S INDEX

## "TAKES THE WORK OUT OF RESEARCH"

RUNNER'S INDEX, the semiannual index to Running/Fitness/Sportsmedicine (R/F/S) information, is the first and only product of its kind in this important area of research.

RUNNER'S INDEX saves time for runners, medical practitioners, scientists, retailers and manufacturers. coaches, writers, and students. It takes the digging out of research by instantly locating thousands of R/F/S articles arranged under subject and author headings.

RUNNER'S INDEX aids its subscribers in preparing lectures, papers, press releases, and reports. It allows subscribers to recommend informative articles to colleagues, customers, clients, students, and friends. RUNNER'S INDEX also obviates the need to clip articles from back issues of journals by organizing information in forty major R/F/S periodicals.

Featured among the forty indexed periodicals in RUNNER'S INDEX, are the AMERICAN JOURNAL OF SPORTS MEDICINE, the AMERICAN MEDICAL JOGGERS ASSOCIATION NEWSLETTER, BRITISH JOURNAL OF SPORTS MEDICINE, THE JOGGER, the JOURNAL OF SPORTS MEDICINE and PHYSICAL FITNESS, ON THE RUN, MARATHONER, MEDICINE and SCIENCE in SPORTS, RESEARCH OUARTERLY. THE RUNNER. RUNNER'S WORLD, RUNNING TIMES, and thirty other high-quality publications.

Reviewers of RUNNER'S INDEX have called it "a most competent and professional index," "a significant new service," "an invaluable guide for the new physical fitness enthusiast," "a useful bibliography," and "a monumental achievement!"

RUNNER'S INDEX, edited and published by Joseph C. Mancuso, PhD, can be purchased by sending \$29.95 to RUNNER'S INDEX, Box 5183, Albany, New York 12205. The subscriber is entitled to two issues per year. with publication in August and March of each year.



THE RUNNER'S GUIDE TO PERIODICAL LITERATURE

Make All Checks and Money Orders Payable to: **RUNNER'S INDEX** Box 5183. Albany, New York 12205

NAME

ADDRESS